



Michigan State Youth Soccer Association

June 22, 2016

TO: MSYSA Member Organization Presidents & Delegates
 FROM: Tom Faro, MSYSA Executive Director
 RE: US Soccer Heat & Hydration Guidelines

US Soccer recently rolled out its Recognize to Recover Program (R2R). Included in the Recognize to Recover Program are suggested heat and hydration guidelines. Please see attached for your review.

As you prepare for activities transpiring over the summer months, please be conscious of the fact that extreme heat can impact players' health and safe play. Per US Soccer, proper hydration and knowing when to drink are critical in helping to prevent injuries and illnesses such as muscle cramps, heat exhaustion, heat stroke, etc. It is recommended that players drink water before, during and after a game or practice.

U.S. Soccer's Recognize to Recover program provides information and guidelines to make sure that the desire to play does not cloud the decision making process when it comes to evaluating environmental conditions to ensure the safety of those on the field. As noted in the communication that is attached, the information being provided is not a substitute for medical or professional care and this information should not be used in place of a visit, consultation or the advice of your physician or other health care provider. For specific questions and concerns, please consult your health care provider or physician.

With respect to hydration, thirst is a warning sign that your body is already in an early state of dehydration. Players are encouraged to drink when they are thirsty. Recognizing the signs of dehydration* are important because the amount of water required will vary from player to player.

** dry, sticky mouth, sleepiness/tiredness, headache, dizziness/lightheadedness, rapid heartbeat, rapid breathing, fever*

To aid in recovery, US Soccer recommends the adding of hydration breaks, shortening practice/activities, practice early or late in the day when temperatures are lower and use less strenuous training activities during practice.

Should you need or require additional information on US Soccer's recommended player safety and health initiatives, please visit <http://www.recognizetorecover.org/#us-soccers-comprehensive-player-health-and-safety-program>.

Sincerely,

Thomas Faro
 Executive Director